



HANDBOOK

March 2016

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II. Welcome!

Welcome to the Warrington Dragons Swim Team!

The Warrington Dragons are a competitive swim team that competes in the Lower Bucks Swim League (LBSL) throughout Bucks and Montgomery counties in Pennsylvania. Our team supports athletes ranging in age from 5 to 18 years of age. Our swim season begins each year in late May and concludes by the end of July.

The Warrington Dragons Swim Team is a non-profit, self-supported organization offering the children of Warrington Township and nearby communities an excellent opportunity to participate in a summer recreational athletic program.

Participation in our swim program has shown to be a great character builder. The program encourages excellent teamwork, leadership, and social skills while creating a great sense of accomplishment, both as an individual and as a team. This experience also has wonderful health and physical benefits, not to mention the pure "FUN" of swimming and being with friends during a great time of the year.

Our home meets are held at the Mary Barness Tennis and Swim Club, formerly the Warrington Swim Club, in Warrington, Pennsylvania. This facility has a six lane, 25-meter outdoor pool that operates under the direction of the Warrington Township Park and Recreation department. The facility is a township owned property.

Please visit our website at: www.wstdragons.org for more information.

III. WST Membership

To be a Swim Team member, one must register with the team (by completing the required paperwork) and pay the stated swim team membership fee. The swim team membership fee is reduced for team members who are also members of the Mary Barness Tennis and Swim Club. In order to receive this discount swim club members must provide proof of payment of their swim club membership fees along with their required swim team paperwork.

IV. Swim Practice

Consistency is the key to a swimmer's success and so, it's important to attend practice. Missed practice leads to missed instruction and can cause frustration for the swimmer and the coaches. Please try to have your swimmer at practice roughly 10 minutes early and stay no longer than 15 minutes after so that the distraction to the coaches is limited. Further, be sure to be back to the pool to pick your swimmers up by the end of practice as the coaches cannot be expected to remain at the pool to watch children after the conclusion of practice. Parents are welcome to stay throughout their child's practice but are asked to be sure not to distract coaches or swimmers. In the event you know when your swimmer will not be at practice, advise the coaches with a note in the coaches' folder or through the email address provided on the team website (www.wstdragons.org).

Practice will begin on the Tuesday afternoon following Memorial Day and continue every weekday afternoon until shortly after Central Bucks schools are dismissed for the summer. Approximate timing of afternoon practice is 4:15 - 6:00 P.M. Practice days for each age group will be determined by the Head Coach and posted on the team website.

Morning practices start the first full week following Central Bucks school dismissal for summer. Practices generally occur between 7:15 A.M. and 12 noon, with the most experienced swimmers practicing earlier and the least experienced swimmers participating in the latest practice. The coaching staff will determine the best practice group for each swimmer based on ability. This will maximize the practice benefits for all swimmers.

All swimmers should bring a towel, goggles and water bottle as well as shorts, t-shirt, and sneakers to all practices. For those with long hair, a cap is also necessary. Parents should check to make sure swimmers' goggles are in good working order to avoid losing time and/or distracting coaches during practice. A high number SPF sunscreen is also a good idea and should be applied before practice begins. For the older and experienced group, the coach may require paddles, fins and a mesh bag. Kick boards will be made available by the club.

During the early part of the season when the water may be cold, a warm set of sweats would be a good idea as well. Also, dry land practice will require sneakers and sweats.

V. Swim Meets

LBSL dual swim meets are held on Tuesday and Thursday evenings in late June through July.

The LBSL swim league utilizes USA Swimming Rules when governing a meet relative to stroke technique, starting block heights, scoring, etc. A swim meet is comprised of 55 events across all four competitive strokes and relays, broken down by gender and age group. Swim meets last approximately 2.5-3 hours. Each event has one official heat (3 swimmers per team) that count towards scoring. The first 3 places earn points with first place earning 5 points, second earning 3 points, and third earning 1 point. A team can only earn a maximum of 2 of the 3 places in a given official heat. The number of unofficial heats is negotiated between team coaches one day prior to the meet and tend to be controlled by the home team. The times swum in unofficial heats are recorded for the swimmers. Swimmers and their families should not focus on which heat they are in, but rather, on personal time improvement.

Per league rules, each swimmer may be entered into a maximum of four events. Events include a maximum of three individual events and one relay, or the combination of two individual events and two relays. Every effort will be made to schedule a swimmer a minimum of two events per meet.

All swimmers are expected to make every effort to attend meets. Sign-in/out procedures will be communicated via email. Swimmers are expected to sign-in/out of each meet by the communicated deadline. If a swimmer fails to sign-in for a meet, s/he will NOT be in the line-up for that meet. If a swimmer is unable to make a meet for which s/he previously signed-in, an e-mail indicating his/her absence must be sent to the coach at least 48 hours prior to the meet. In the event of an emergency, PLEASE contact the coach as soon as possible.

Line-ups will be posted before the meet starts. Swimmers should check the posted line-up to know what they are swimming so they can warm up accordingly. Meets start promptly at 6:45 P.M. and warm-ups begin no later than 6:15 P.M., unless otherwise noted. Coordinating a team of our size is a major task so please respect our coaches' efforts to organize the team and arrive on time – generally by 5:15 P.M. Following the meets, the coach will deliver a final talk to the team, so please stay until the meet's conclusion.

In the event a meet must be cancelled due to inclement weather, a decision will be made prior to 5:00PM on the day of the meet. If the meet is cancelled a message will be posted on the team website, www.wstdragons.org.

VI. Invitational Swim Meets

Invitational Swim meets are optional swim meets that are open to ALL swimmers from the entire league. These meets give our swimmers an opportunity to swim in any stroke/event they choose regardless of ability. This is an excellent way for a swimmer to better their official times in any given event. Invitational meets require a separate sign up process for each meet, which will be communicated via email and the team website. Swimmers must pay a fee for each event they swim. Entries must be submitted and payment placed in the appropriate folder by the required meet entry deadline. The coach will enter the swimmers' times in the appropriate format to insure all WST swimmers are entered in a competitive heat.

The Invitational Meets are held on weekends (Friday evenings through Sunday afternoons). Some brief details are as follows:

Warrington Swim Team's Cold Water Classic is held in late June at our home pool. This meet is mandatory for all WST swimmers as it serves as our main fundraiser each season. This meet is available to all league swimmers.

Somerton Odd Age Meet is an odd-age meet open to league swimmers 15 and younger and is held in mid-July. "Odd Age" means that the swimmers are grouped so that the odd-aged swimmers are the older swimmers in each competition group (example: 8/9) instead of the typical "even-age" at the top competition groups (example 9/10).

Richboro Aqua Pentathlon is an elite meet open only to the top two WST swimmers in each age group. See Addendum A for more information about this meet which is held in mid-July.

Division Championships are open to all league swimmers ages nine and over who have competed in at least three dual meets during the current season. This meet is held in late July.

League Championship Finals are open to league swimmers who finished in the top 16 across all three divisions in the events at Division Championships. The top 16 swimmers (and two alternates) per event (for all swimmers 9 and over) will be notified after all Division Championship meets have been swum. This meet is held in late July or early August.

Eight & Under Championships are open to all league swimmers ages eight and younger who have competed in at least three dual meets during the current season. This meet is held in late July.

Invitational Swim meets offer our swimmers a chance to compete outside of the traditional Tuesday and Thursday Dual Meets. These meets are a great opportunities for a swimmer to earn competitive times and best time ribbons in events that they choose to swim.

In most cases, the head coach, or an assistant, will be present at these Invitational meets to instruct the swimmers and get them to their races. We will also be required to supply timers proportionate to the number of swimmers we send to these meets so please be prepared to help at each invitational in which in which you have a swimmer participating.

VII. Warrington Swim Team Parents' Board

The Warrington Swim Team Parents' Board (Board of Directors or BOD) is a volunteer governing board of the Warrington Swim Team. All positions have one year terms. No board member shall hold the same office for longer than two consecutive years. No board member shall serve on the Board of Directors for more than six consecutive years. Terms shall be staggered to ensure that no more than three board members leave the board in any given year. These term limits shall be waived in the event that a public search has been conducted for replacement officer(s) and none have been identified. Typically all terms will begin in September and conclude in August.

The BOD shall conduct a public search for and appoint all Board members and will provide for an orderly transition of power from outgoing to incoming members. In the event that two or more candidates are available for any one Board position, the President shall call a meeting of the organization at large for the purpose of holding an election. The candidate receiving the most votes from the members present at the meeting shall be elected.

Meetings of the Board of Directors will be held monthly and/or as deemed necessary from February to August. The date, time, location, and invitees of these meetings will be determined by the President with input from other board members.

Meetings of the general membership will be called at the discretion of the Board of Directors at a date, time, and location determined by the Board of Directors. Generally, there will be one meeting in May before each season.

The board functions are as follows:

President:

Acts as a liaison between the Township Park and Recreation Department, the pool management, the coaches, the parents' board and the team families. Presides at board meetings while appointing committee chairpersons and managing the respective assigned areas of responsibilities. Oversees all team activities.

Vice President:

Manages in the absence of the President while assisting the President as requested. Keeps team records.

Recording Secretary:

Documents the minutes of all official organization meetings.

Treasurer:

Manages team financial records while receiving and disbursing funds. Provides financial records for posting on team website. Works with outside vendors (accountant and payroll) to comply with tax regulations related to the organization which is a nonprofit organization under section 501(c)(7) of the Internal Revenue Code with a year-end of December 31. Initial organization date for tax purposes is January 1, 2012. WST was incorporated on March 30, 2015.

League Representative:

Represents WST at all League meetings as a team liaison with WST voting authority at all LBSL meetings. (Often combined with another board position.)

Ways and Means:

Works with vendors to secure the best prices for apparel, team gift, and other large purchases.

Volunteer Coordinator:

Organizes and manages all volunteer needs for the team's dual, invitational and championship meets. Oversees set-up and break-down of home meets.

Webmaster: Manages the team website.

The Board will maintain and amend the By-Laws of the Corporation as needed, and consult them to the extent clarification of information in this handbook is needed.

The Board of Directors shall facilitate the hiring of coaches for the team. Coaches shall be employed by Warrington Swim Team. Four or five coaches will be hired depending on various factors including team size and coach experience.

At the conclusion of each season the BOD will discuss whether it is desirable for the current coaching staff to return for the next season. If so, coaches will be asked if they plan to return. If not, coaches will be so notified. The BOD will follow-up with coaches in mid-winter to find out if any plans have changed. If at that time, new coaches are needed, the BOD will conduct a search, including advertisement on the website and word of mouth.

The first preference when hiring new coaches will be to hire individuals without family connections to our current team. If no such individuals are available, siblings of current team members will be considered if the team member is over 14 years old. Current team members will not be considered for coaching positions in any circumstances. In the event that multiple candidates are available, interviews will be conducted by the BOD.

All new applicants for WST coaching or BOD positions will be required to complete an application. Such application will require applicants to indicate whether they have ever been convicted of any crime involving physical violence or sex-related offenses. Candidates will be rejected if they answer yes to this question. All coaches will be required to provide current background checks (within one year) upon being hired and every three years while on the staff, and will be dismissed if there is a history of any crime involving physical violence or sex-related offenses. All new board members will be required to provide current background checks (within one year) upon joining the board and every three years while on the board, and will be dismissed if there is a history of any crime involving physical violence or sex-related offenses.

All swim families are invited to contact a board member at anytime with any questions or concerns. The Parents' Board is available to everyone and is always open to suggestions or thoughts that will help better manage the team.

VIII. Sponsorships & Fundraising

The Warrington Swim Team is a self-funded organization. Each year we actively solicit corporate and local sponsorship support to help supplement the income of our primary fundraiser, the annual Cold Water Classic Invitational.

Sponsorship Levels are as follows:

\$300 and Up – Gold Sponsor

- 2' x 4' Banner – Hung at all meets and our annual 2 day invitational meet
- Your Business will be advertised on our WST Website with a direct link available to your home page along with a full page ad in our Cold Water Classic programs.
- Team Picture on a mounted plaque
- Your Sponsorship/Business will be mentioned at ALL home meets including our annual two day invitational meet.

\$200 and Up – Silver Sponsor

- Your Business will be advertised on our WST Website with a direct link available to your home page along with a half page ad in our Cold Water Classic programs.
- Team Picture on a mounted plaque
- Your Sponsorship/Business will be mentioned at ALL home meets including our annual two day invitational meet.

\$100 and Up – Bronze Sponsor

- Your Business will be advertised on our WST Website with a direct link available to your home page along with a quarter page ad in our Cold Water Classic programs.
- Your Sponsorship/Business will be mentioned at ALL home meets including our annual two day invitational meet.

\$25 and Up – Service Sponsor

- Your Sponsorship/Business will be mentioned at ALL home meets including our annual two day invitational meet.

Through the success of our generous sponsorships, we have in turn been able to be very generous to our swimmers. We have been able to do such things as: provide a totally funded team picnic, provide a highly valued gift to each swimmer, and provide awards and recognition to every swimmer. Each year our goal is to come close to breaking even and to always give back what we have secured throughout the year. If you or your employer is able to help in any way, please contact any member of our Parents' Board for more information so we can continue to provide for our swimmers.

IX. Parent Volunteer Policy

Parent Volunteers

The success of any Swim Program depends a great deal on the participation of the Parent Volunteers. To properly execute a swim meet, approximately 35 volunteers are needed. While some of these volunteer positions require specialized certification, the majority of the tasks do not.

All Parents are required to work a minimum of 2 meets, not including the Cold Water Classic. In years with lower team sizes, families will need to volunteer more. In the event a family prefers not to volunteer, a non-participation fee is an option, but is not encouraged. Getting involved is a great way to learn the sport, a way to demonstrate our support to our kids, and a way to help make the swim meet experience a true family event.

The list of jobs will be made available for sign-up. Any family, who does not sign-up, will be assigned. If you are unable to fill your position for any reason, it is your responsibility to find your replacement.

Highlighted below is a brief description of the various Volunteer Positions needed for each meet:

Starter/Referee:

(Certified Position/Home Meets Only). He/She signals the start of each event and heat. Electronic starting equipment will be used.

Stroke/Turn Judge:

(Certified Position/Home and Away Meets). He/She stands on the side of the pool watching the swimmers in his/her assigned lanes. If the swimmer does not execute the stroke correctly, the Stroke/Turn judge will disqualify the swimmer.

“Officials” Certification Clinics

LBSL will sponsor Stroke & Turn Clinics prior to the season’s start. ALL Officials must be certified each year to be eligible to serve as an official at a meet. If you are interested in learning this skilled position please see the WST League Representative for more details.

Timers:

(Home/Away Meets). There are three timers in each lane that capture the swimmer's time on a stopwatch. One timer will record the times on the swimmer's card and hand it to the runner for pick up. The Starter will ensure all timers are in their place and assign one timer per lane to record times on the swimmer's card. There will also be a back-up timer to also time in case a timer has a problem with their stopwatch.

Finish Judge:

(Home/Away Meets). Determines and records the order of finish for swimmers in a race. Also known as place judge.

Announcer:

(Home Meets Only). Announces swimmer lane assignments prior to the start of a race and makes all other announcements required during the meet.

Runners:

(Home and Sometimes Away Meets). Picks up cards from timers, Starter/Referee, stroke/turn judges and takes them to the scorer's table for processing.

Ready Bench (Deck) Parents:

(Home & Away Meets) Are needed for each age group and each gender with the exception of the 15-18 groups. These parents have a copy of the meet events for the swimmers and escort the swimmers to the pool deck and line them up for their races. They help get the swimmers motivated to swim. Having a child in the particular age group helps as it's easier to identify who's who. Having patience and a good knowledge of the kids is strength for this function. Volunteers for this job should plan to work at all meets if possible. See also separate deck parent guidelines document.

Deck Monitor:

(Home Meets Only). Monitors the deck before the meet and during warm ups, to keep it clear of kids and parents who may distract the swimmers during warm-ups. Also, ensures swimmers are walking and otherwise behaving in a safe manner on deck. Position usually filled by a volunteer also handling another position (such as set-up/break-down, timer, runner)

Set-Up/Clean-Up:

(Home Meets Only) Help prepare the pool and pool area for the meet AND put away equipment and supplies after the meet. Note that volunteers signing-up for

this position should be available for both before meet set-up and post meet clean-up.

Scoring Table/Computer Entry:

(Home and Away Meets) Organizes timing slips, place judge cards, and officials' disqualification slips for proper scoring of the meet. Audits any events in which place judges disagree. Inputs times and placement into computer. Checks records.

50/50 Sales:

(Home Meets Only) Sells 50/50 tickets throughout the meet.

X. General Rules

The consumption of alcoholic beverages and the use of tobacco products at practices, swim meets or team gatherings is strictly prohibited. This rule applies to all home and away meets.

The Mary Barness Tennis and Swim Club has posted Rules and Regulations that apply to all members, including swim team families. Please review and adhere to these rules as well as the posted or otherwise communicated rules of facilities at away meets.

A minimum of two adults must be present at any time when minors are present at any WST function.

Staff and volunteers shall not engage in abusive or sexually oriented activity, including sexual communications of any type, with team members.

Any known or suspected incidents for abuse or sexual misconduct must be reported to law enforcement.

XI. Miscellaneous Topics

Communication:

- (1) Family folder boxes, with a folder for each family, will be used to distribute information and awards.
- (2) The team web page, www.wstdragons.org, is loaded with great information about the team. It also provides an email link to the head coach and board members.
- (3) Mass email will be used as the main communication method for all team information.
- (4) Reminders may also be posted at practices (on bulletin boards and/or white boards).

Meet Schedules:

The WST Dragons schedule is posted on the team web page under the ***Calendar*** link

Maps/Directions:

Will be available through the team website.

Team Suits:

Available at Personal Best swim shop. Personal Best is located in Montgomeryville. Introduce yourself, as a Warrington Swim Team Member and the staff will gladly help you with your purchasing needs.

Time Trials:

Time trials are a critical piece to starting the season off on the right foot. When the coaching staff determines the time trial schedule, ***please*** make every possible effort to attend. This exercise will help our coaches in determining our strengths and weaknesses while also helping the coaches determine where each swimmer will gain the most out of their assigned practice session. It is also a great way for swimmers to get an idea of what a meet is like.

Team Pictures:

Scheduled in late June. Everyone is urged to wear his or her TEAM SUIT.

Personal Best Ribbons:

Each time a swimmer competes in a dual meet or any of the league sponsored invitational meets and improves an existing time, they will be recognized with a Personal Best (PB) Ribbon. PB ribbons will be placed in the swimmer's family folder within the week or so after any given meet.

Family Night:

The Team Picnic – this is an opportunity to recognize ALL the swimmers for their accomplishments throughout the season. This night is scheduled at the end of the season.

Team Gift:

Each year we attempt to provide ALL our swimmers with a quality gift. The gifts are provided from the proceeds of the Cold Water Classic, 50/50 proceeds and the surplus funding from our corporate sponsors.

Team Finances:

Any parent interested in reviewing our team’s financials may do so by contacting the treasurer.

Refund Policy:

If for some reason a swimmer chooses to quit the team prior to the league roster meeting, the Warrington Swim Team Fee will be refunded net of a \$50 withdrawal fee. The roster meeting is generally held the third Monday in June. Once the league roster meeting occurs team fees are not refundable.

XII. Record Recognition Policy

Section 1: Records to be Maintained

Warrington Swim Team (WST) team records will be maintained for all events for which the league maintains records. WST will also maintain team records for events swum at our home invitational (the Cold Water Classic - CWC) and the Richboro Aqua-Pentathlon in cases where the age-group of the event is one for which any league records are recognized. Events meeting these criteria are as follow:

14&U Girls 100 free	8&U Girls 25 back	8&U Girls 100 IM	8&U 100 Medley Relay
14&U Boys 100 free	8&U Boys 25 back	8&U Boys 100 IM	12&U 200 Medley Relay
18&U Girls 100 free	10&U Girls 25 back	10&U Girls 100 IM	14&U 200 Medley Relay
18&U Boys 100 free	10&U Boys 25 back	10&U Boys 100 IM	18&U 200 Medley Relay
6&U Girls 25 free	12&U Girls 50 back	12&U Girls 100 IM	8&U 100 Free Relay
6&U Boys 25 free	12&U Boys 50 back	12&U Boys 100 IM	10&U 100 Free Relay

8&U Girls 25 free	14&U Girls 100 back	14&U Girls 100 IM	12&U 200 Free Relay
8&U Boys 25 free	14&U Boys 100 back	14&U Boys 100 IM	14&U 200 Free Relay
10&U Girls 50 free	18&U Girls 100 back	18&U Girls 200 IM	Unlimited 200 Free Relay
10&U Boys 50 free	18&U Boys 100 back	18&U Boys 200 IM	
12&U Girls 50 free	8&U Girls 25 fly	18&U Girls 100 IM	
12&U Boys 50 free	8&U Boys 25 fly	18&U Boys 100 IM	
14&U Girls 50 free	10&U Girls 25 fly	14&U Girls 50 breast	
14&U Boys 50 free	10&U Boys 25 fly	14&U Boys 50 breast	
18&U Girls 50 free	12&U Girls 50 fly	18&U Girls 50 breast	
18&U Boys 50 free	12&U Boys 50 fly	18&U Boys 50 breast	
8&U Girls 25 breast	14&U Girls 50 fly	6&U Girls 25 back*	
8&U Boys 25 breast	14&U Boys 50 fly	6&U Boys 25 back*	
10&U Girls 25 breast	18&U Girls 50 fly	14&U Girls 50 back	
10&U Boys 25 breast	18&U Boys 50 fly	14&U Boys 50 back	
12&U Girls 50 breast	8&U Girls 50 free	18&U Girls 50 back	
12&U Boys 50 breast	8&U Boys 50 free	18&U Boys 50 back	
14&U Girls 100 breast	12&Up Girls 200 free		
14&U Boys 100 breast	12&Up Boys 200 free		
18&U Girls 100 breast			
18&U Boys 100 breast			

Note that separate team records will be maintained for all events in yards and in meters except those marked "" as these events are only swum at the CWC.

Section 2: Times to be Considered

Times considered for records will be those swum at any league (LBSL) sanctioned meet. Such meets will generally include all league dual, invitational, and championship meets sanctioned by the LBSL. Records can only be broken for the event swum or its age-group counterpart for events not specifically recognized. For example if a 7-year-old swimmer swims a 7 & Under event at the CWC, his/her time would be considered in comparison to the same event for 8 & Unders for purposes of team records. Even if the 7-year-old swimmer's time in the 7 & Under event broke the team record for the 10 & Under same event, the time would not be considered for the 10 & Under record.

Section III: Cold Water Classic

Meet records will be maintained for each event swum at the Cold Water Classic and only times swum at that meet each year will be considered for possible record breaks.

XIII. Swimmers' Annual Award Guidelines

MVP/High Point Award

Awarded to a swimmer who earns the most points for the team in their respective age group. Relay performance will be used only in the event of a tie. (One Boy/One Girl from each Age Group)

Most Improved

This award will be based on time and stroke improvements. Any swimmer who improves times and/or starts/turns and refines stroke technique is a good candidate for this award. (One Boy/One Girl from each Age Group)

Coach's Award

Award winners will have excellent sportsmanship characteristics; excellent practice attendance, excellent cooperation and make an effort to promote these qualities in other swimmers. (One Boy/One Girl)

Dragon's Award for Sportsmanship

Swimmer will show good sportsmanship with both WST swimmers **and** opposing swimmers. (One Boy/One Girl)

Dragon's Award for Exceptional Effort

Swimmer will have an outstanding work ethic, i.e. both good practice attendance and a desire to work hard in order to improve. (One Boy/One Girl from each Age Group)

NOTE: All individual awards will be announced and distributed at the Team Picnic, held at the end of the season. Any family, who does not attend may pick up awards at the Swim Club's front desk prior to Labor Day weekend. Awards not picked up by this time are not the responsibility of the Team or the Warrington Swim Club.

XIV. Code of Conduct

Section 1: Swimmers Code of Conduct

Safety:

Swimmers are expected to behave in a safe manner. Horseplay will not be tolerated. Any swimmer who acts in a manner that may cause harm to him/herself or other swimmers will be disciplined. Continued violators will be removed from the team.

Respect:

Respect to coaches, judges, starters, meet officials and parent volunteers and to fellow swimmers is expected. Any disrespect, including profane language, will not be tolerated. Any theft or vandalism of team equipment or others' belongings will result in expulsion from the team.

Sportsmanship:

Sportsmanship is exhibited by trying one's best at practice and meets; by showing team spirit during each and every race; by congratulating the swimmers in the lanes opposite your own after the race; by waiting until the last swimmer hits the wall before getting out of the pool, and generally, treating others as you want to be treated. WST swimmers are expected to exhibit good Sportsmanship at all times.

Section 2: WST Code of Conduct

All Participants:

When attending a WST event (i.e. meets, practices, etc.). ...

1. I will not engage in unsportsmanlike conduct with any coach, parent, participant, official, volunteer, or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety, or well-being of any coach, parent, player, participant, official, volunteer, or any other attendee.
3. I will not use nor will I be under the influence of alcohol or illicit drugs.
4. I will not use profanity or any other offensive or aggressive language.
5. I will treat every coach, parent, player, participant, official, volunteer, and every other attendee with respect.

6. I will not engage in verbal or physical threats, abuse, or become involved in a fight or scuffle, or retaliate, with any coach, parent, player, participant, official, volunteer, or any other attendee.
7. I will never ridicule or yell at my child or any other participant for making a mistake or losing a race.
8. I will refrain from coaching my child or other participants, unless I am one of the official coaches of the team.
9. I will be responsible for the behavior of all my family members (including children, whether they are swimming in the meet or not, spouses, parents, grandparents, etc.) attending an event. I will ensure that they behave in accordance with this WST Code of Conduct.
10. I will inform my family members (including children, whether they are swimming in the meet or not, spouses, parents, grandparents, etc.) that they are subject to the WST Code of Conduct and to the consequences for failing to comply.
11. To the extent that I have a question or concern related to WST I will bring it to the board of directors and will abide by the decision made by the board once its members are informed of the relevant circumstances. I understand that the board of directors may consult internal policies and any external guidance deemed to be relevant in reaching a decision.

Anyone who fails to behave in accordance with the Code of Conduct while attending, coaching, officiating, or participating in any WST event will be subject to disciplinary action (without refund of any fees paid), including but not limited to the following, in any order or combination, at the sole discretion of the WST Board of Directors:

1. Verbal warning.
2. Written warning.
3. Suspension or immediate ejection from an event.
4. Suspension from multiple events.
5. Season suspension or multiple season suspension.
6. Referral to law enforcement authorities.

Note: The most severe disciplinary action may be taken after the first infraction and shall be at the sole, unrestricted discretion of the WST Board of Directors.

XV. The Ten Commandments of Swimming

(Written by Rose Snyder for US Swimming)

1. Thou shalt not impose your ambitions on thy child.

Remember that swimming is your child's activity. Improvement and progress occur at different rates for each individual. Don't base your child's progress on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do his or her personal best.

2. Thou shalt be supportive no matter what.

There is only one question to ask your child "Did you have fun?" Your child should not be forced to participate.

3. Thou shalt not coach your child.

Do not undermine the coach by trying to coach your child on the side. Your job is to support, love and hug your child no matter what. The coach is responsible for the technical part of the job. You should not offer advice on technique or race strategy. This will only serve to confuse your child and prevent the swimmer/coach bond from forming. Have your child ask the coach if they have a question.

4. Thou shalt only have positive things to say at a meet.

When you go to a meet you should cheer and applaud, but never criticize your child or the coach.

5. Thou shalt acknowledge thy child's fears.

A first time competition or the first time doing a new dive or an event can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event or dive if they were not ready to compete in it.

6. Thou shalt not criticize the officials.

If you do not have the time or the desire to volunteer as an official, don't criticize those who are doing the best they can.

7. Honor thy child's coach.

The bond between coach and swimmer is a special one and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child's swimming.

8. Thou shalt not jump from team to team.

The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Often times, swimmers who do switch teams never do better than they did when they sought the bluer water.

9. Thy child shall have goals besides winning.

Giving an honest effort regardless of what the outcome results is much more important than winning. Achieving a personal goal and losing a race is still winning.

10. Thou shall not expect thy child to become an Olympian.

There are 225,000 athletes in USA Swimming alone. There are 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about 1 in 4,300. Swimming is much more than the Olympics. Ask a coach why he coaches. Chances are, he was not an Olympian, but still got enough out of swimming that he wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming programs build good people, and you should be happy your child wants to participate.

XVI. The Competitor's Prayer

IN THE BATTLE THAT GOES ON THROUGH LIFE,

I ASK BUT A FIELD THAT IS FAIR.

A CHANCE THAT IS EQUAL WITH ALL IN STRIFE,

THE COURAGE TO STRIVE, TO DARE.

AND IF I SHOULD WIN

LET IT BE BY THE CODE,

WITH MY FAITH AND MY HONOR HELD HIGH.

BUT IF I SHOULD LOSE,

LET ME STAND BY THE RACE

AND CHEER AS THE WINNER GOES BY.

XVII. (Addendum A) Richboro Aqua Pentathlon

As is a long standing club tradition, the Warrington Dragons Swim Team will send the top two swimmers, both boys and girls in each age bracket, to represent our team at this prestigious meet.

The selection process for each WST swimmer will be determined by adding together the best times for each stroke and the individual medley. The cumulative totals will then be compared and the swimmers with the two lowest cumulative times will be chosen to represent the team in their respective age group. This is the same process that is used for scoring during the Aqua Pentathlon

Times will be gathered at time trials, the cold Water Classic and the first meet. Depending on when the entries are due, subsequent meets may also contribute to the times sourced. All times must be current WST times. Winter times and times from last season or participation with other teams will not be eligible. Swimmers with missing times in any event(s) will not be eligible for consideration. This is one reason why it is so important to participate in time trials and the Cold Water Classic.

In rare instances where it is determined that there is a statistical tie regarding the second swimmer and the nearest competitor, the coach may request that a third swimmer's times be submitted to the RAP seeding committee to determine possible eligibility for the swimmer. In all cases of this rare occurrence, the Head Coach, the WST Parent's Board President and the team record keeper will reach a consensus non-precedent decision.

This RAP qualification process has been designed to be fair and equitable to all WST swimmers while protecting the heritage and integrity of the meet.